

Keaton - Mr. Hill.

Brown - Ave Rd. - Mr. Mac Dougall.

Gleason - Bay at Newport - Mr. Kirk - Tomlinson
Mrs.

State of York - Hardwick.

Get kids back to room.

"

"

Good afternoon.

Look up Set & place them according
to what grade they are suitable.

Get partner - & look up 1 skilled game.

Have party - with theme if possible.

Swimming.

- Oct. 3rd - Values of Swimming
1. Recreational.
 2. Physiological.
 3. Educational.
 4. Safety.

Oct. 10th - History - Brief Notes.

- First Objective - overcoming fear.
- A. Fear of getting water inside.
 - B. " of non-support.

- " 17. - Method of Teaching - The Kinesthetic method.
1. Breathing - techniques for overcoming difficulties.
 2. Relaxation - difficulty thinking & R. relaxed.

" 24 - Progression in Teaching Crawl (modified)

" 31 - " " " " (Cont)

Nov 7 - What to do in deep water.

" 14 - Progression modified crawl
Sculling - flutter kick on back.

" 21 - Bunk Method of teaching beginners.

" 28 - Extended swimming period (no theory)

Dec 5 - Life Saving Movies.

" 12 - Analysis of Crawl Stroke.

" 19 - " " Breast " "

Ornamental Swimming.

A.

B.

C.

Team element - 16 or more.

2, 3, 4, etc swimmers.

Floating formation.

Stunts & moving thru water
in formation.

16 swimmers lined up at side or end.

1. Brest into O. - slow, rhythmical pace - often
called pension swimming.

2. Face centre & tread water on signal from
leader.

3. On another signal - surface dive to. (Come up
hds. joined.)

4. Arms go up overhead & float on Bk. 4 & cts.

5. Fountain - moves in out to large O.

● Sculling & guide out to part.

6. On sign. 1's do leapfrog over part. - then
all 2 brest C.C.-W, then 2's ^{1. may} dilly. 3x.

7. Close O in so toes up in front toes around
waist. Pension crawl. - No L. action.

8. At def. place leader lead off swim crawl 200.
Then ready for section B or D Unit.

Tudger - Crawl Stroke.

Side Stroke Kick + crawl arms.

Variable - useful for women in place of crawl.

Breathing same as Crawl. - Steady.

Body roll from side to side characteristic of Tudger stroke.

Holding breath will cause interferences + tension. Inhale during scissor kick + exhale thru nose during front, face down, po.

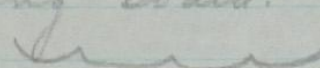
Scissor Kick.

1. Upper L moves fwd + serves chiefly as body balancer.

2. Greatest fwd progress + speed occurs during the side stroke kick.

Tudger Crawl.

Side stroke kick followed by flutter kicks - teach and use discriminately.

1. Have everyone's name who is swimming.
2. Check everyone in and out of water.
3. Have guards at various places so all swimmers can be seen.
4. Group according to ability.
5. Non-swimmer wear special colour cap.
6. Have limited area for swimming.
7. Not in too soon after eating - over-heated & fatigued.
8. Trained instructor.
9. Water deep enough to dive - 7' for water board. Fancy divers 10'.
10. Some kind of boat for rescue.
11. Long bamboo pole.
12. Lasso mar on diving board.
13. Rope around dock .
14. Have shallow water for kids.
15. Limited no on raft.
16. No one swim alone.
17. Wait to go in at definite signal & come out on signal.

1. Shuttle board
2. Balls
3. Water wings.
4. Bike tire.
5. Obj. to dive for.
6. Bobbers for distance.
7. 4 lengths of good old clothes line.
8. Bike tape

9. Sponge for sailing

Precision

Practical Work

Part I - Couples

1. Standing near dive
2. Breast stroke & surface dive & out bk 5 & breast stroke to shallow end.
3. Wally crawl
4. Optional stunts.

By Scout Swimming - Water Sports & Safety - Chp. 8.
235-274.
Read carefully & summarize.

Instructions to Teachers & Life Guards -

Given to all written 1 to all concerned.

1. Expected to be in uniform, ready for work at right time
2. Max. of 2 hrs. on duty - If relieved period of 5 mins overlap
3. No one on duty may leave until relieved or until last person completely out of water.
4. All doors leading to natatorium & spect gallery must be locked by instructor of duty
5. Pool never intimated, for more than relief period & at slack times.
6. Definite procedures for accidents & emergencies list.
7. written copy 6 given & posted to life guards
8. 3 whistles - "Please Get Out."

10. Check Pool Office & Attendance w/ our I's.
11. " Showers & Dressing rooms.
12. " Lounges, soap, suits yourself.
13. No food in or near pool - no gum chewing.
14. Check toilet & see lat. plunked
15. " 2 C if disinfectant applied to T. daily.
16. Note condition of amt of paper used
17. Some system for scrub women quickly.
18. Person going off duty take care of damp towels, etc.
19. During In swimming periods special attention in showers. At camp, 1 counselor to play games - read for baby swimmers.
20. Shallow end marked "by low" of 6" letters.
21. To avoid accidents diving detailed-swims away
22. Tag games not allowed in pool unless organized & supervised. - No other time permitted. ^{not for big girls.}
23. Children playing in plunge periods not enter ^{w/ adults}
24. Engineers & caretakers special running shoes? ^{keep} outside

As hand reaches ledge pull self up to it.
Other hand scoops water.

Back Crawl -

Read further on this, & Concentrate A action.

1. That called inverted crawl.
2. Snaps H in line w spine.
3. Chin tucked well in w chest.
4. Hips lowered slightly - gives better traction.
5. Flutter kick same. 6 beat (6 running steps)
6. Emphasis placed on down & slow pedal thrust.
+ on lifting or spooning up stroke. Toes in action on
7. Lack of flexibility in ankles & thus indifference
traction offset by rolling slightly.
8. 1A always extended as other competing pull

Back Arm Recovery - Disadvantages.

1. Relaxation but no steady swing from shoulders.

Trapped A - Arm still body moves.

9. As hd moves thigh, trunk rotated inward
till palm faces out.
10. Propelling power derived mainly from
pull of A's.

11. Rhythm quickly develops. Provides good progress & not to hurry.
12. Reaching & "catch" A fully extended beyond head, palms turned out & actually grip on water 4-6" below surface.
13. L's beat independently of A's.
14. Breathing & Arms coordinated. - On extension of A breathe in. - Find differences.